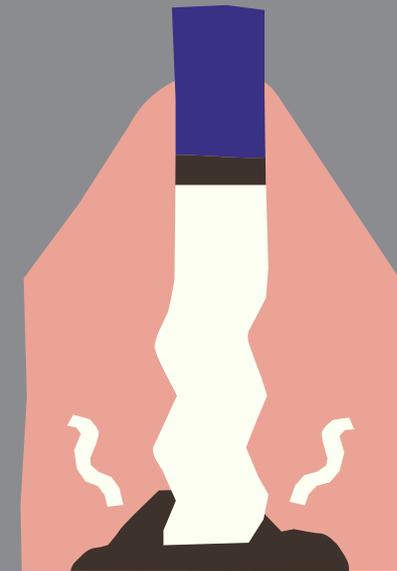


**Quit your way, with
our support**



READY

TO



Quit smoking



IF YOU NEED SUPPORT TO STOP
SMOKING...

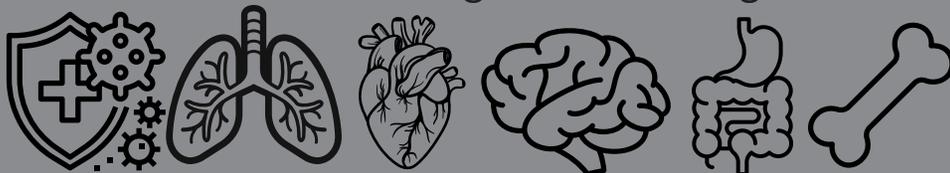
FOR SMOKING CESSATION
SERVICES

CALL/TEXT 54720

EMAIL: rpoleevans@kemh.gov.fk

**KEMH is a smoke Free
Environment**

The Dangers of Smoking



SMOKING CESSATION SERVICES

CONGRATULATIONS

**You have made a great
decision to improve
your health
NOW**

Let's consider specialist support

Let's help you make a quit plan

Let's consider medications

Let's be aware of your triggers

Let's build a positive mind set

**Let's tell everyone that you are
a non smoker**



**Join the Smoking Cessation
Programme**

AND



**Find out how the 'NOT A PUFF' rule
can help you**

**Find out why abrupt cessation works
and reducing over time doesn't work**

**Find out how we can support you
with the uncomfortable feeling of
nicotine withdrawal**

Find out how to manage cravings